



August 2021
Newsletter

A photograph of a man in a wheelchair, seen from behind, wearing a white bucket hat and a black t-shirt. Two white flags with the MS Society logo are attached to his back. He is on a paved path next to a canal, with trees and a stone wall in the background. Other people are visible in the distance.

Calderdale MS Group

 Together We Can STOPMS

Welcome to Our Newsletter



Whether you have MS or care about someone who does, our community is here for you through the highs, lows and everything in between. We understand what life is like with MS and we look to support people to live more positively with MS. Our newsletter and website keep everyone up to date with the local group's activities and is sent free of charge to our email subscribers. For the latest news, events, activities and updates from the local group visit www.calderdalemsgroup.com

For the latest information on Coronavirus (Covid-19) and MS please check regularly on the national society website www.mssociety.org.uk

For the latest general NHS advice regarding the pandemic please visit www.nhs.co.uk

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Activities Update

We are delighted to be able to let everyone know we now have all the relevant guidelines, practices and permissions from MS Society's national office to relaunch activities that were cancelled during Lockdown. The activities have the required COVID safe guidelines and actions in place.

TEA SARNIES & A NATTER, our monthly social get together returns to Pellon Social Club on Wednesday 25th August from 12 till 2pm (see Page 5).

COFFEE WITH FRIENDS, returns to Shibden Park Cafe on Monday 9th August at 10.30am. (See Page 5)

MS ADAPTED PILATES is now back to being a face to face class and takes place at Holy Trinity & St Jude's Church every Tuesday at 12.15pm (See Page 9)

EXERCISE MS stays online and takes place via Zoom every Friday at 11am. The class is conducted by Sophie and all activities can be done from a seated position (See Page 9)

We also welcome back one of our popular fundraising events, WHEEL N' WALK which will take place at Shibden Park on Wednesday 22nd September at 11.00am where people living with MS, their families and friends can get sponsors for their walk to raise funds for the local group.

Dates for your Diary

TEA , SARNIES & A NATTER (Monthly Social Get Together)

Pellon Social Club , Moor End Rd, Pellon, Halifax HX2 0HA

-Wednesday 25th August 12 till 2pm

-Wednesday 29th September 12 till 2pm

COFFEE WITH FRIENDS (Coffee Morning)

Shibden Park Cafe, Mereside Centre, Shibden Park, Old Godley Ln, Halifax HX3 6XG

- Monday 9th August 10.30am to 12.15pm

- Monday 13th September 10.30am to 12.15pm

MS ADAPTED PILATES

Holy Trinity & St Judes, Free School Lane, Halifax HX1 2XE.

12.15am-1.00pm

-Every Tuesday Afternoon



Join us for a Coffee

Social Get Togethers

Returning

Tea Sarnies & A Natter

After the enforced lockdown and required cancellation of our long established monthly get togethers on the last Wednesday of every month, we are looking forward to our first monthly get together for a long time.

Until further MS Society guidelines are changed. Tea, Sarnies and a Natter will be sarnie less but we will ensure a selection of pre packaged cakes which follow guidelines which make the tea and coffees supplied even nicer.

For any new attendees the address is Pellon Social Club, Moor End Rd, Pellon, Halifax HX2 0HA. If you would like to be met at the door please contact us and let us know and one of the coordinating team will be happy to ensure you feel comfortable.

The event is from 12 to 2pm on Wednesday 25th August and will be a great for everyone to catch up with other people they haven't seen for a while.

Look forward to seeing you there!

Coffee with Friends

COFFEE WITH FRIENDS, our coffee morning is held at the cafe at Shibden Park which is an excellent venue with free parking for Blue badge holders situated close to the cafe and level access from car parking area to cafe door. Coffee or tea and cake are provided free to all who attend. The event is monthly and is generally the second Monday of the month. You can check dates through Facebook, our website or the newsletter.

We are very pleased to say that the number of people attending the coffee morning has exceeded expectations and it has lived up to its name and people really have made new friends and the chat is free flowing and plentiful. The initial plan was to have a 6 month trial to test its popularity as a social event for members and family but this event is now a permanent addition.

The next coffee mornings are Monday 9th August, Monday 13th September and Monday 11th October all at 10.30am and all are welcome to come along.

MuSic 4 MS

MuSic 4 MS (West Yorkshire) is a charity that raises money for MS related charities by organising Music events and gigs throughout West Yorkshire.

The charity was founded in December 2016 by Christine West who continues to be the Volunteer Fundraiser behind the charity. Since 2016, the charity has raised over £30,000 in aid of the MS Society, supporting the local work of the Calderdale MS Society Group and more recently research at Cambridge Centre for Myelin Repair which is an internationally renowned laboratory who are on target to come up with a revolutionary treatment for people with MS before 2025.

At most of the events admission is free with funds raised through bucket collection and raffles. Certain events do charge admission fees. These events are only possible through the time and great efforts given by local musicians, bands, solo artists, technicians, engineers and helpers as well as the support of the amazing venues throughout the area .

Brodstock Returns

7th August 2021 sees the return of Brodstock, an annual "MuSic 4 MS" fundraising event featuring 2 live music stages with lots of local music acts as well as a Kids' Zone · Kids' Music Stage · Under 5's Area · Activity Zone · Climbing Wall · Gaming Station · Live painting · Stalls · Street Food · Cocktails · Gin · Real Ale.

Part of the event is the BIG BRODSTOCK COMMUNITY RAFFLE with a first prize of £500 donated by locally based CaravanGuard plus many other raffle prizes which will be drawn on the day of Brodstock.



Support your Local Group by using EasyFundraising



You can now raise funds for the local group by using EASYFUNDRAISING when doing your online shopping .

EASYFUNDRAISING have raised over £35 million for thousands of community groups, sports clubs, schools & PTAs and small & large charities across the UK.

EASYFUNDRAISING turns your everyday online shopping into free donations for your favourite cause. Start your online shopping first at EASYFUNDRAISING, then shop as normal. Retailers will then make a small donation to say “thank you” to the local group .

Simply enter CALDERDALE MS GROUP in the "Search for a Cause" and then you can shop from one of the 5,920 retailers that include AMAZON, JUST EAT, VODAFONE , BOOTS , ARGOS , TESCO, SKY and M&S.

When you make your purchase at the retailers they then send a small donation to us . There is no additional costs or charges involved so please think of us when making your online purchases.



MS Adapted Pilates

Exercise Classes

MS Pilates

It is now a well established fact that gentle exercise can help alleviate MS related symptoms and can aid individual mobility. Since their introduction in 2018 our local group exercise classes have gone from strength to strength (excuse the pun) .

Due to the popularity of the online Zoom exercise classes the coordinating group thought that it made sense to keep one of the classes online and one to return to the face to face format that was pre-lockdown, giving local people with MS a choice they feel comfortable with and the opportunity to be able to exercise in the comfort of their own home or be able to see others in a face to face environment (with Covid measures in place) . People are welcome to participate in both the Zoom and face to face classes.

Every Tuesday at 12.15pm our Pilates Instructor Eve runs a PILATES MS session specially adapted for people living with MS where all exercises can be completed from a seated position . The session is in the hall just to the rear of Holy Trinity & St Jude's Free School Lane, Halifax HX1 2XE. The hall has level access and has a permanent ramp at the entrance.

The session is subsidised by the local group with a suggested donation of £3 per person.

Exercise MS

Our EXERCISE MS class is delivered on Zoom every Friday from 11.00am to 11.40am by Sophie who delivers exercises adapted for those people living with MS .

The Zoom link is promoted on Facebook and emailed to all our email subscribers or contact us and we will send you the link if you would like to participate in the classes .

To get the most of the class the local society is also happy to provide and deliver to you a small pack of hand weights, ball and stretch bands that may help you exercise, although you can participate without them . You can call or text us on 07395 336437 or email calderdale@mssociety.org.uk



WhatsApp Group Launch

For some people in lockdown social media and technology offered an opportunity to stay in touch and communicate with others. This has lead us to create a WhatsApp group for anyone involved in, or participating in any of the group's activities.

As well as giving people the chance to interact with others , this also means anyone participating in activities can ask questions , makes enquiries , confirm dates and times .

This will also give any of the event organisers an opportunity to communicate any last minute changes or cancellations

People can join or leave the group as they wish and we should point out when in the group that your mobile number will be visible to other users in the group.

If you would like to join the Whatsapp group then please text 07395 336437 to ask to join the WhatsApp Group

www.calderdalemsgroup.com

Due to COVID restrictions, the local group has had minimal opportunities to fundraise which has meant our income is greatly reduced. Consequently, we have had to prioritize how the money raised is spent and so we have decided to stop producing and sending out our physical printed quarterly newsletter and have decided to use our website to keep everyone updated.

The website gives us the chance to provide the same information, updates and news without the associated postage, printing and production costs and represents an 85% saving.

You can find out about our activities, exercise classes, our partnership with Fightback to provide benefits advice, applying for grants and other news items from newsletters on the website so please take a look at www.calderdalemsgroup.com

Wheel N' Walk

Fundraiser

July saw the first meeting of our Fundraising committee after lockdown and plans were made for some forthcoming fundraising activities. We have already made contact with several local supermarkets looking for Covid safe activities to get involved in and several ideas were discussed and actions planned. Unfortunately our friends have had to cancel this year's Brighthouse Gala due to Covid restrictions and uncertainty.

One of the first activities agreed upon sees the return of an event we last ran successfully in 2018, Wheel N' Walk.

We are keeping our fingers well and truly crossed for good weather like we experienced the last time when our group members and family and friends will be taking a trip round Shibden Park boating lake using whichever method they choose (walk/wheelchair/scooter/walker) to help raise much needed funds for the group.

The WHEEL N' WALK event is on Wednesday 22nd September 2021 starting at 11am. The Wheel N' Walk route starts at the Cafe and continues around the boating lake.

At the end of the event we hope that as in previous years people will stay and meet up in the cafe for a good natter.

Those living with MS, family & friends are invited to get sponsors for a wheel and walk around Shibden Park. Donations can be made using the JustGiving Page

<https://www.justgiving.com/crowdfunding/wheelnwalk>

Alternatively please email calderdale@mssociety.org.uk and we will send you a sponsorship form.

For more details please call us on 07935 336437 or email us at calderdale@mssociety.org.uk





Calderdale MS Group

Whether you have MS, or care about someone who does, our community is here for you though the highs and lows and everything in between .

We understand what life is like with MS and we look to help and support people to live more positively with MS. All the activities undertaken by the local group are delivered by volunteers.

You can find the latest updates on our website www.calderdalemsgroup.com

You can also contact the local group by emailing

calderdale@mssociety.org.uk

or call or text 07935 336437



Meet the team

Ann Marie Jane
Group Coordinator

Simon Bottomley
Finance Volunteer

Tricia Brown
Admin Volunteer

Robin Boardman
Health & Safety Volunteer

Andrew Warhurst
Transport Volunteer

Keith Rhodes/Julie Blackburn
Fundraising/Activities Volunteers

Contact details

Group Contact Number: 07935 336437

Email: calderdale@mssociety.org.uk

Find us on social media

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